

Siouxland Aging Services

*Enabling Older Iowans to live with
maximum dignity, well-being, and
independence*





- ❑ Located at 2301 Pierce, Sioux City, IA
- ❑ A nonprofit 501(c)3 organization
- ❑ Incorporated in 1974
- ❑ Providing information, services and programs in compliance with all applicable federal and state civil rights and nondiscrimination laws and regulations.

- Serving seniors (ages 60+) & their caregivers in the following counties:

Who We Serve



- ❑ Age 60+ : 36,074 persons or 19.1% of total population (percentages range from 12.9% in Woodbury up to 22.9% in Monona)
- ❑ Minorities: 1.5% of Age 60+ population, most reside in Woodbury
- ❑ Rural/Urban: approximately 62% of consumers live in rural areas
- ❑ Age 60+ residing alone: 62%
- ❑ Most consumers are women





Congregate Meals

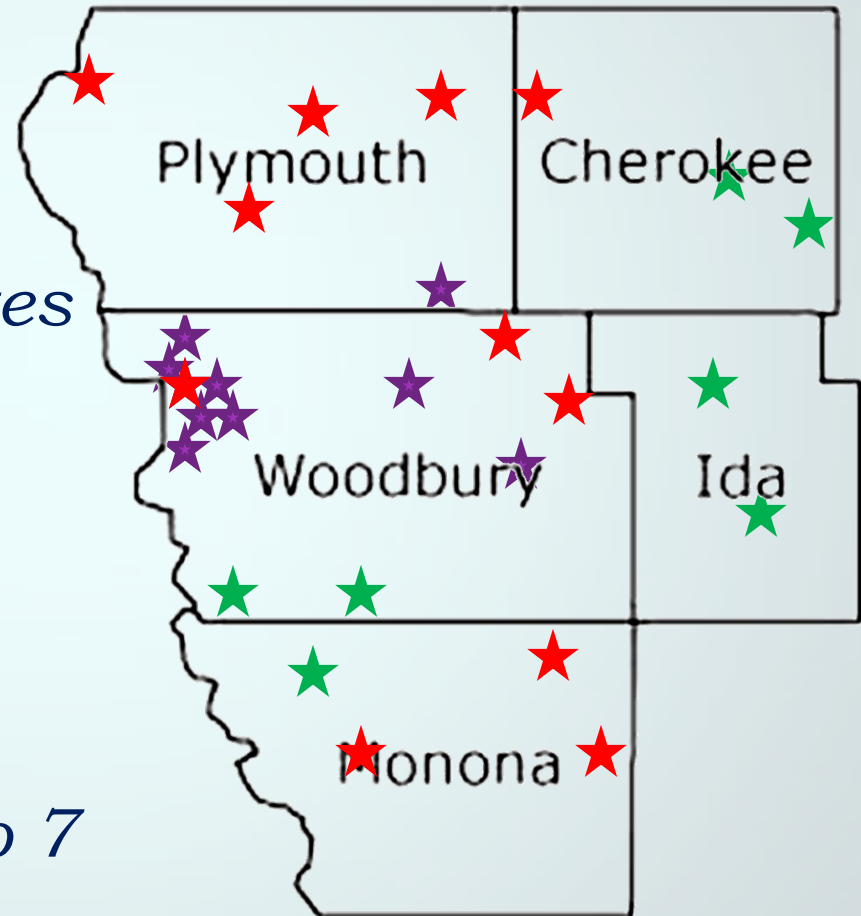
- ☐ *Nourishing food + positive socialization*
- ☐ *Suggested donation of \$2.75-\$5.75 per meal*
- ☐ *Actual cost \$5.75 per meal*

28 Congregate Meal Sites

★ 11 kitchens
staffed by SAS
employees

★ 10 satellite sites
from our own
kitchens

★ 6 local food
services
contracted to
provide meals to 7
sites

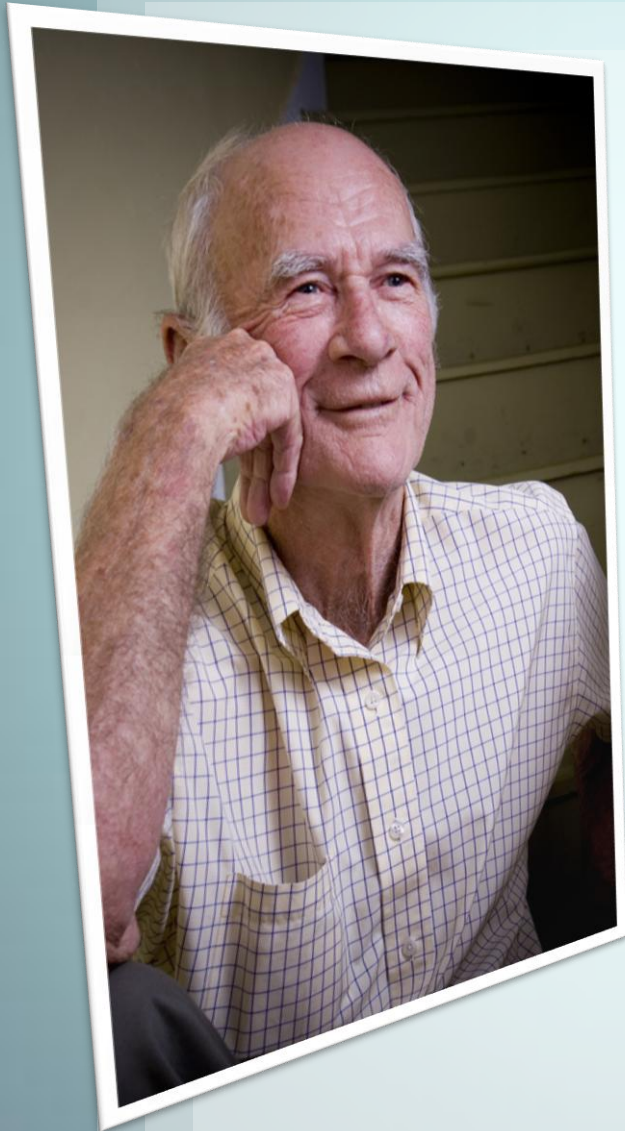




Meals on Wheels

- ❑ *Nourishing food + face-to-face contact*
- ❑ *Suggested donation of \$3.25 – \$6.25 per meal*
- ❑ *Actual cost - \$6.25 per meal*
- ❑ *Delivery by volunteers*





Meals to Go

- ❑ *Frozen meals for use on weekends, evenings, or as blizzard meals*
- ❑ *Four kitchen sites now producing & providing meals*
- ❑ *Suggested donation of \$3.25 - \$6.25 per meal*
- ❑ *Actual cost - \$6.25 per meal*

Nutrition Counseling

Nutrition Education

Farmer's Market Vouchers



Meet Our Case Management Staff

- ❑ 11 Case Managers to manage a senior's care
- ❑ 1 full time & 2 part time Support Staff
- ❑ 1 Case Management Director



Case Management

- ❑ Personalized Plan of Care developed with you to assist you to stay at home
- ❑ Minimum of monthly monitoring
- ❑ Personal case manager to call upon for single point of contact
- ❑ Care transitions for consumers/members upon return home from other types of care (i.e. hospital, skilled care rehab)
- ❑ Consumer Directed Attendant Care &/or Consumer Choices Options
- ❑ Access to Medicaid Elderly Waiver and other funds to pay for needed services



Getting Started:

Call

- Call for information
- Refer yourself or a loved one

Visit

- A Case Manager comes to your home
- Assessment of abilities & needs

Plan

- Explore options
- Decide on services for a personalized plan

Check

- Case Manager will call at least monthly
- Is your care plan meeting your needs?

Help

- Changes in your health or needs?
- Call your Case Manager!

It's All About Options!

Your Choice of Services and Providers

- ☐ Nursing
- ☐ Home health aide
- ☐ Homemaker
- ☐ Respite
- ☐ Adult Day Program
- ☐ Lifeline
- ☐ Senior Companion
- ☐ Peer Visitor
- ☐ Transportation
- ☐ Nutritional Counseling
- ☐ Home delivered meals
- ☐ Home and vehicle modification
- ☐ Assistive Devices
- ☐ Medication Management systems
- ☐ Mental Health Outreach
- ☐ Lawn Mowing/Snow Removal

Contract Services

- ❑ Legal Services through Iowa Legal Aid & Hotline for Older Iowans
- ❑ Recreation & Senior Center Activities
- ❑ Big Brothers/Big Sisters support of Grandparents raising relative children program



Diamond Heights

1018 11th Street, Onawa



Evergreen Terrace

2420 West Street, Sioux City

Senior Housing



Fairmont Park

210 S. Fairmount, Sioux City



Riverside Gardens

715 Bruner Avenue, Sioux City



Senior Housing



- ☐ Total of 157 one-bedroom units
- ☐ HUD and EHO compliant
- ☐ Minimum age of 62 for head of household
- ☐ Residents must meet income guidelines
- ☐ Income based rent

Senior Housing

- ☐ Affordable Senior Housing
- ☐ Service Coordination
- ☐ On-Site Housing Managers
- ☐ 24/7 Emergency Maintenance
- ☐ Specialized apartments for persons with disabilities available



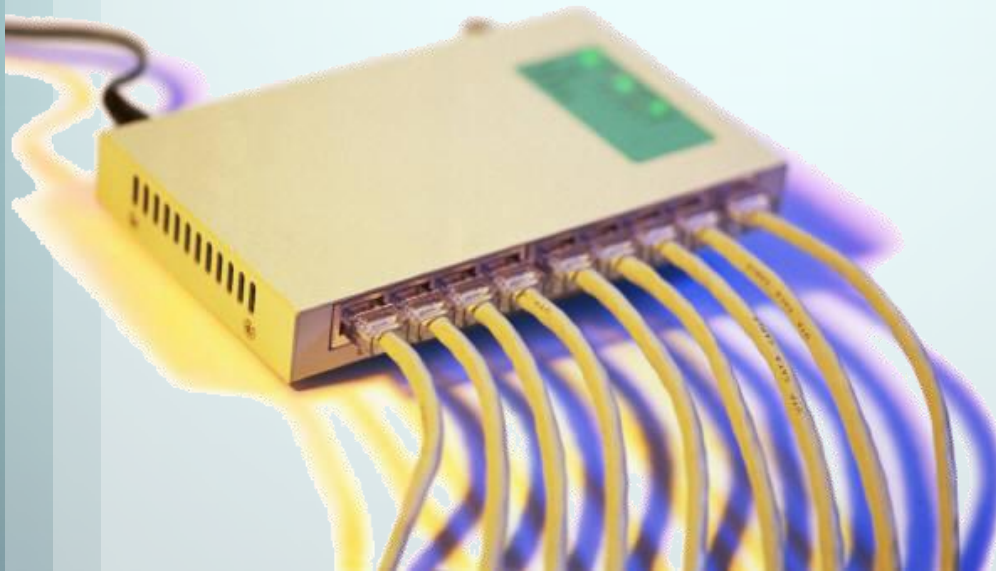
Community Transportation



- ❑ In coordination with Siouxland Regional Transit System and Sioux City Transit
- ❑ Program provides tickets to seniors with suggested donation of half the cost of fare
- ❑ Travel options based upon senior mobility & local transportation
 - Urban
 - Rural
 - Para Transit



- ❑ Siouxland Aging Services has been described as the “Hub of Senior Services.” We connect seniors to programs, services, and benefits.
- ❑ Three knowledgeable staff with certifications from the Association of Information and Referral Specialists (AIRS)

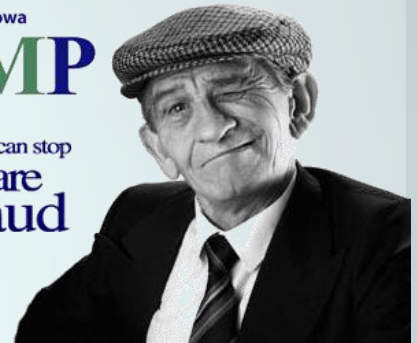


- ❑ Regularly updated database of Senior Services in region and state

- ❑ One-on-One assistance
- ❑ Educational presentations at meal sites, senior housing, civic groups, etc. addressing a wide variety of issues relating to seniors
- ❑ Elder Abuse Awareness
- ❑ Annual Sun & Fun senior event
- ❑ Shredtastic: A free shredding event
- ❑ Advisory Council



Senior Medicare Patrol (SMP),
a peer-to-peer program, educates
seniors about healthcare fraud,
scams, and identity theft.
Protect, Detect, and Report!



Senior Health Insurance
Information Program (SHIIP)
assists seniors with Medicare,
health, & long-term Insurance
options and issues.

Iowa Healthy Links



Better Choices/Better Health

- ☐ Designed to help those with chronic diseases to manage their conditions and improve their quality of life.
- ☐ Six week evidence-based program with one session per week.
- ☐ Two Master Trainers on staff



Matter of Balance

- ☐ An evidence-based falls-prevention workshop
- ☐ Four week program with two sessions per week
- ☐ One Master Trainer and 2 trained coaches on staff

Legislative Awareness & Action

- ❑ Town Hall Meetings assess the concerns and needs related to seniors in each county annually.
- ❑ Legislative Forums provide means to educate the public and elected officials while advocating for important senior issues.
- ❑ Older Iowans Legislature meets each September in Des Moines with senior representatives from throughout the state.
- ❑ Annual Advocacy Day - Des Moines at start of yearly legislative session.
- ❑ Legislative Action Email Group



Iowa Family Caregiver Program

- ☐ Family Caregiver Specialist on staff
- ☐ Refers caregivers to needed services, programs & information
- ☐ Monthly newsletter
- ☐ Lending Library
- ☐ Educational events
- ☐ Cooperative Program with Big Brothers/Big Sisters to assist seniors raising relative children





- ☐ Newsletters
 - Bimonthly “IV your Information
 - Monthly “Advocate’s Advice”
- ☐ Displays and Presentations
- ☐ Senior Care Expo
- ☐ Sun & Fun Annual Summer Event
- ☐ User Friendly Website
www.siouxlandaging.org

Be Someone's Superhero. No tights required. Volunteer!

- ☐ Meals on Wheels
- ☐ SHIIP
- ☐ SMP
- ☐ Older Iowans Legislature
- ☐ Board of Directors
- ☐ Advisory Council
- ☐ Special events





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